



9ROUND[®]

KICKBOXING FITNESS

DELTA Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

6	Banana Mocha Protein Smoothie	GF	Gluten Free
8	Vegan 'Egg' Salad Sandwich	DF	Dairy Free
10	Coconut Chia Seed Pudding	LC	Low Carb (20g- serve)
12	Chickpea & Sweet Potato Hash	MP	Meal Prep/Freezer Friendly
14	Air Fryer Tofu Satay with Peanut Sauce	HP	High Protein (20g+ per serve)
16	Thai Noodle Salad with Peanut Dressing	V	Vegetarian
18	Miso Glazed Carrots	Q	Quick (under 30 mins)
20	Spicy Orange Cauliflower	N	Contains Nuts
22	Eggplant Spring Rolls		
24	Vegan Jambalaya		
26	Vegan Mushroom Meatballs		
28	Asian Lao Gan Ma Noodles		
30	Matcha & Coconut Shake		
32	Cranberry & Orange Bread		
34	Banana Boats		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Vegan 'Egg' Salad Sandwich	Air Fryer Tofu Satay with Peanut Sauce	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Vegan Jambalaya
Tue	Coconut Chia Seed Pudding	Air Fryer Tofu Satay with Peanut Sauce	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Vegan Jambalaya
Wed	Coconut Chia Seed Pudding	Thai Noodle Salad with Peanut Dressing	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Eggplant Spring Rolls
Thu	Chickpea & Sweet Potato Hash	Thai Noodle Salad with Peanut Dressing	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Vegan Mushroom Meatballs
Fri	Chickpea & Sweet Potato Hash	Vegan Mushroom Meatballs	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Asian Lao Gan Ma Noodles
Sat	Banana Mocha Protein Smoothie	Miso Glazed Carrots & Spicy Orange Cauliflower	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Meal Out - Enjoy!
Sun	Vegan 'Egg' Salad Sandwich	Miso Glazed Carrots & Spicy Orange Cauliflower	E.g. Matcha & Coconut Shake, Cranberry & Orange Bread, Banana Boats, Banana Mocha Protein Smoothie	Asian Lao Gan Ma Noodles

Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 5 bananas • 7 oranges • 1 mango • 3 limes • 1 lemon • 1 avocado <p>Vegetables</p> <ul style="list-style-type: none"> • root ginger • 2 bulbs garlic • bok choy • 3 onions • 1 red onion • 2 bunches green onions • 2 lbs. (900g) carrots + 1 extra • 3 green bell peppers • 4 red bell peppers • 1 orange bell pepper • 1 yellow bell pepper • 8 oz. (225g) chestnut mushrooms • pack enoki mushrooms • celery • 2 eggplants (aubergine) • alfalfa sprouts • red cabbage • large cauliflower • Romaine lettuce • leafy lettuce of choice • 1 ½ lbs. (680g) sweet potatoes • 1 tomato <p>Dried</p> <ul style="list-style-type: none"> • goji berries <p>Frozen</p> <ul style="list-style-type: none"> • cranberries 	<p>Cold</p> <ul style="list-style-type: none"> • carton coconut milk, unsweetened • carton almond milk, unsweetened • fresh orange juice • fresh apple juice • vegan parmesan • 4 pack vegan sausages • 14 oz. (400g) firm tofu 	<p>Grains</p> <ul style="list-style-type: none"> • all-purpose flour (plain flour) • cornstarch (corn flour) • rolled oats • long-grain rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> • ground flaxseeds • chia seeds • sesame seeds • cashew nuts • hemp hearts • walnuts • roasted peanuts <p>Baking</p> <ul style="list-style-type: none"> • baking powder • baking soda • vanilla extract • desiccated coconut • cacao nibs • cacao powder, unsweetened <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> • black pepper • cayenne pepper • garlic granules • garlic powder • smoked paprika • ground ginger • ground cinnamon • curry powder • bay leaves • chili flakes • dried oregano • dried thyme <p>Fresh Herbs</p> <ul style="list-style-type: none"> • parsley • cilantro (coriander) 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • maple sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • peanut butter • applesauce • tamari • marinara sauce • vegan Worcestershire sauce • sriracha sauce • hot sauce (optional) • chili paste • fish sauce • white miso paste • rice wine vinegar • white wine vinegar • apple cider vinegar • pack rice noodles • pack pad Thai rice noodles • pack spaghetti • nutritional yeast • 1x 14 oz. (400g) can chopped tomatoes • 1x 14 oz. (400g) can red kidney beans • 2x 14 oz. (400g) can chickpeas • small can full fat coconut milk, canned • vegetable broth (stock) • dijon mustard • panko breadcrumbs • tahini • vegan mayonnaise <p>Misc/Other</p> <ul style="list-style-type: none"> • salt • matcha • nori seaweed • sliced whole grain bread • coffee • chocolate protein powder • bamboo skewers (optional)



Banana Mocha Protein Smoothie

Serves 1

½ cup (120ml) almond milk, unsweetened
¼ cup (60ml) cold coffee
1 banana, frozen
1 scoop (25g) chocolate protein powder
¼ tsp. ground cinnamon
1 tbsp. cacao powder, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until smooth. If necessary, add in more almond milk to thin the smoothie to the desired consistency.
2. Pour into a glass and serve immediately.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	253	4	32	25	6

*Nutrition per serving.





Vegan 'Egg' Salad Sandwich

Serves 4

14 oz. (400g) can chickpeas, drained
½ lemon, juiced
4 tbsp. vegan mayonnaise
½ red onion, diced
½ tsp. garlic granules
¼ tsp. cayenne pepper
2 tbsp. nori seaweed
salt & pepper
8 slices bread, whole grain
4 lettuce leaves
1 tomato, sliced

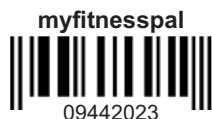
What you need to do

1. Place the chickpeas into a medium bowl and roughly mash to the desired consistency.
2. Add in the lemon juice, mayonnaise, diced onion, garlic granules, cayenne pepper, and nori. Season to taste with salt and pepper and mix until well combined.
3. Spread a quarter of the mixture onto a slice of bread, add a slice of tomato and a lettuce leaf, and top with a second slice of bread.
4. Leftover vegan egg salad can be stored in an airtight container in the refrigerator for 5-6 days.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	351	16	44	10	8

*Nutrition per serving.





Coconut Chia Seed Pudding

Serves 4

For the pudding:

½ cup (80g) chia seeds
1½ cup (360ml) coconut milk,
carton
1 tsp. vanilla extract
1 tbsp. maple syrup

For topping:

2 bananas, sliced
4 tbsp. cacao nibs
4 tbsp. hemp hearts
4 tbsp. maple syrup

What you need to do

1. Place all the pudding ingredients in a bowl and whisk to combine. Cover the bowl and refrigerate overnight (or for a minimum of 2-3 hours).
2. To serve, place a quarter of the pudding into a serving bowl and top with half a sliced banana, and 1 tablespoon each of the cacao nibs, hemp hearts and maple syrup.
3. Store leftover pudding in an airtight container in the refrigerator for up to 5 days.

GF	DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2-3 hrs or overnight	371	18	47	9	10

*Nutrition per serving.





Chickpea & Sweet Potato Hash

Serves 4

For the hash:

1 ½ lbs. (680g) sweet potatoes, cut into cubes
1 onion, chopped
1 red bell pepper, diced
1 green bell pepper, diced
14 oz. (400g) can chickpeas, drained
2 tbsp. olive oil
1 tsp. garlic powder
salt & pepper

For the sauce:

4 tbsp. tahini
4 tbsp. water
1 tbsp. lemon juice
salt & pepper
1 tsp. sriracha sauce

To serve:

1 avocado
parsley, chopped

What you need to do

1. Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.
2. Place the sweet potatoes, onion, bell peppers and chickpeas on the baking sheet and drizzle with olive oil. Season with garlic powder, salt and pepper, and toss well to combine.
3. Place the sheet into the hot oven and roast for 40 minutes, stirring a few times throughout the cooking time. After 40 minutes, remove the roasted vegetables from the oven and set aside to cool for a few minutes.
4. In the meantime, make the sauce by mixing all the sauce ingredients together in a small bowl.
5. Divide the roasted vegetables between 4 plates and drizzle with the sauce. Serve topped with sliced avocado and freshly chopped parsley.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	502	24	64	12	16

*Nutrition per serving.





Air Fryer Satay with Peanut Sauce

Serves 2

14 oz. (400g) firm tofu, drained
4 tbsp. full fat coconut milk, canned
2 tbsp. tamari
2 tsp. curry powder
2 tsp. ground ginger
2 tsp. garlic powder
salt & pepper
8 bamboo skewers (optional)

For the sauce:

4 tbsp. creamy peanut butter, natural
4 tbsp. lime juice
1 tbsp. sesame oil
2 tbsp. apple cider vinegar
1 tbsp. tamari
1 tsp. ground ginger
1 tsp. garlic powder
salt & pepper

What you need to do

1. Wrap the tofu in kitchen paper, cover with a heavy object and set aside to drain off any excess liquid, roughly 10 minutes. Remove the kitchen paper and cut the tofu into 8 pieces.
2. In a bowl, combine the coconut milk, tamari, curry powder, ground ginger, garlic powder, salt and pepper. Pour over the tofu and refrigerate for 15 minutes.
3. Place the marinated tofu in the base of the air fryer in a single layer. Cook at 400°F (200°C) for 20-25 minutes.
4. Meanwhile, make the peanut sauce. Place all the sauce ingredients into a small bowl and mix together until creamy.
5. Once the tofu has cooked, skewer it onto the bamboo skewers (optional) and serve with the peanut sauce.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	25 mins	498	39	15	30	4

*Nutrition per serving.





Thai Noodle Salad with Peanut Dressing

Serves 4

For the salad:

8 oz. (225g) pad Thai rice noodles, dry
1 Romaine lettuce, sliced
¼ head red cabbage, shredded
1 red bell pepper, sliced
1 carrot, shredded
4 green onions, sliced
1 mango, sliced
4 tbsp. cilantro, chopped
4 tbsp. roasted peanuts, chopped

For the dressing:

4 tbsp. creamy peanut butter
1 ½ tbsp. lime juice
1 ½ tbsp. water
1 ½ tbsp. coconut sugar
2 tsp. rice wine vinegar
2 tsp. tamari
1 tsp. sesame oil
¼ tsp. fish sauce
½ tsp. sriracha
½ tsp. root ginger, grated
1 clove garlic, minced

What you need to do

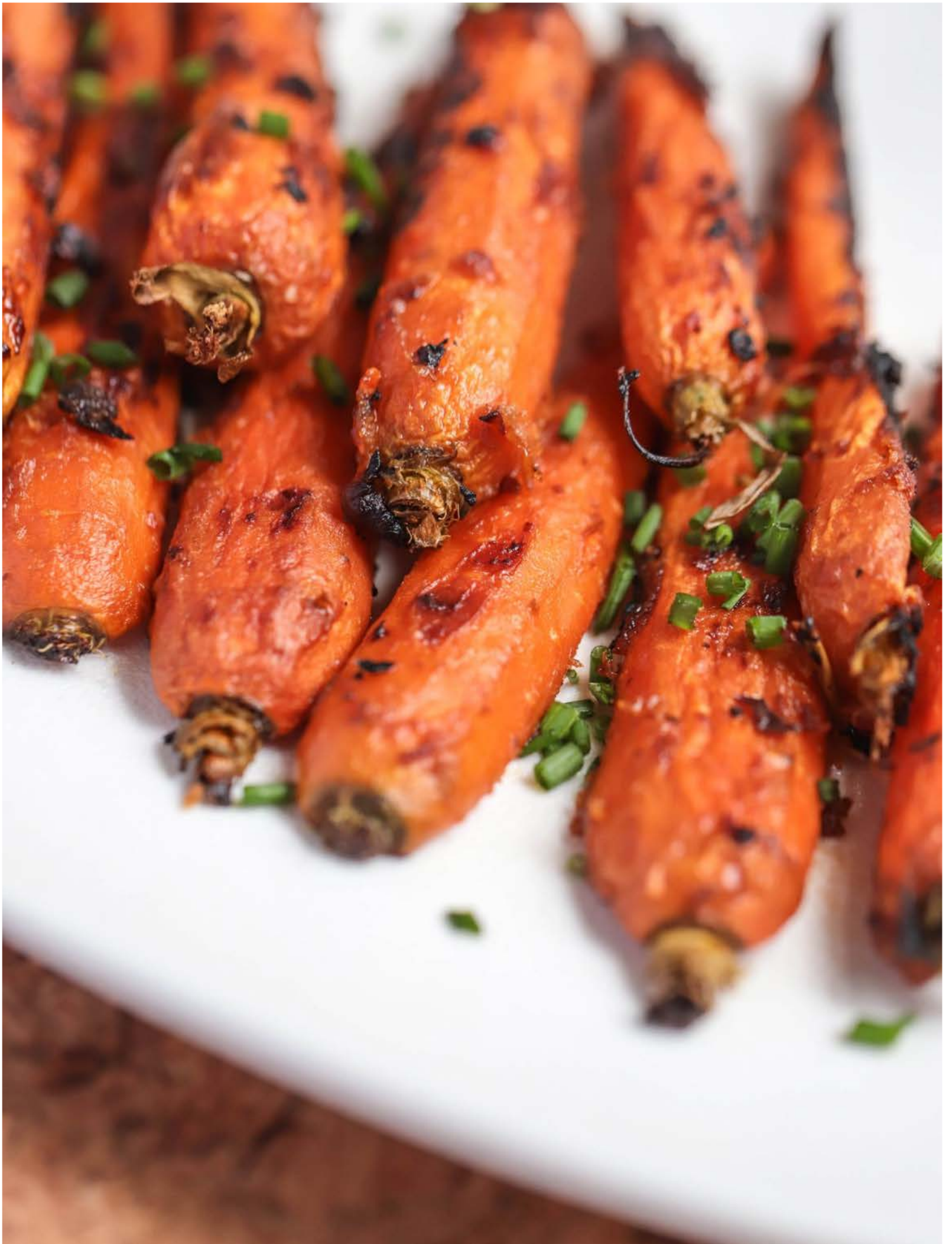
1. Cook the noodles according to instructions on packaging. Drain and set aside to cool a little.
2. Make the dressing by placing all the dressing ingredients together in a small bowl and whisking until smooth.
3. To serve, mix the noodles with the vegetables, mango, cilantro, peanuts and the dressing.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	5 mins	476	16	77	8	7

*Nutrition per serving.





Miso Glazed Carrots

Serves 4

2 lbs. (900g) carrots, peeled
2 tbsp. olive oil
salt

For the glaze:

1 tbsp. olive oil
3 cloves garlic, minced
2 tbsp. white miso paste
1 tbsp. maple syrup
½ tsp. chili flakes

What you need to do

1. Preheat the oven to 350°F (180°C). Line a baking sheet with aluminum foil.
2. Place the carrots on the baking sheet, drizzle with olive oil, and season with salt. Place the baking sheet into the oven and roast the carrots for 20 minutes.
3. Make the glaze, by mixing all the ingredients for the glaze together in a bowl.
4. Once the carrots have cooked, remove the baking sheet from the oven and brush over the glaze.
5. Return the carrots to the oven and roast for a further 20 minutes, until the carrots are tender and lightly caramelized.
6. Serve warm as a side dish.

GF	DF	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	55 mins	213	11	28	3	7

*Nutrition per serving.





Spicy Orange Cauliflower

Serves 4

For the cauliflower:

4 tbsp. cornstarch
salt & pepper
4 tbsp. water
1 large cauliflower, divided into florets
½ cup (30g) panko breadcrumbs

For the sauce:

6 oranges, juiced
4 tbsp. tamari
2 tbsp. sriracha
1 tbsp. white wine vinegar
1 tsp. ground ginger
1 tsp. garlic granules
2 tbsp. coconut sugar
1 cup (240ml) vegetable broth
salt & pepper
2 tbsp. cornstarch

For serving:

1 tbsp. sesame seeds

What you need to do

1. Preheat the oven to 430°F (220°C). Line a baking sheet with baking paper or tin foil.
2. To make the cauliflower, combine the cornstarch, salt, pepper and water together in a small bowl. Place the panko breadcrumbs on a separate plate.
3. Toss the cauliflower florets into the cornstarch mixture and then into the panko breadcrumbs. Place the florets onto the baking sheet.
4. When all the cauliflower has been coated, place the baking sheet into the hot oven and bake for 35-40 minutes.
5. Meanwhile, add all the ingredients for the sauce into a small pot. Place over a medium heat and bring the sauce to the boil. Now lower the heat and continue to simmer for 5-7 minutes until the sauce thickens.
6. Remove the baked cauliflower from the oven and place onto a serving dish. Pour over the orange sauce and garnish with sesame seeds to serve.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	154	1	34	7	7

*Nutrition per serving.





Eggplant Spring Rolls

Serves 4

2 eggplants
2 tbsp. sesame oil
salt & pepper

Filling 1:

1 cup (35g) alfalfa sprouts
1 cup (90g) red cabbage, shredded

Filling 2:

¼ red bell pepper
¼ orange bell pepper
¼ yellow bell pepper
¼ green bell pepper
1 cup (65g) enoki mushrooms

Sauce 1:

2 tsp. dijon mustard
2 tbsp. rice wine vinegar
1 tbsp. maple syrup
2 tbsp. apple juice
salt & pepper

Sauce 2:

1 tbsp. tamari
1 tbsp. rice wine vinegar
1 tsp. coconut sugar
1 tbsp. apple juice

What you need to do

1. Thinly slice the eggplant lengthwise using a mandoline or a sharp knife.
2. Heat the sesame oil in a large skillet and layer the eggplant slices in a single layer, sprinkle with salt and pepper, and cook for 1-2 minutes on each side. Transfer to a plate. Work in batches if necessary.
3. To assemble, lay an eggplant slice on a flat surface and place the vegetables on top at one end of the eggplant slice. Now tightly roll up the eggplant, keeping all the vegetables inside.
4. Now make the sauces by mixing the sauce ingredients together in two separate bowls.
5. Serve the eggplant rolls with the two sauces.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	181	8	28	4	10

*Nutrition per serving.





Vegan Jambalaya

Serves 6

4 vegan sausages, sliced
1 tbsp. olive oil
1 onion, diced
4 cloves garlic, minced
2 celery sticks, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 tbsp. smoked paprika
1 tsp. dried thyme
2 tsp. dried oregano
½ tsp. cayenne pepper
14 oz. (400g) can chopped tomatoes
1 ½ cups (300g) long-grain rice, dry
2 bay leaves
3 ½ cups (840ml) vegetable broth
14 oz. (400g) can red kidney beans, drained
salt & pepper

To serve:

2 green onions, sliced
2 tbsp. parsley, chopped
hot sauce (optional - not included in nutritional breakdown)

What you need to do

1. Heat 1 tablespoon of oil in a skillet and place over a medium heat. Place the sausages into the skillet and cook for 8-10 minutes until browned on all sides. Transfer to a small plate and set aside.
2. In the same skillet, add the onion, garlic, celery, and bell peppers, and sauté for 5 minutes. Add the smoked paprika, cayenne pepper, thyme, and oregano, and cook for 1 further minute.
3. Next, add the chopped tomatoes, rice, bay leaves, and vegetable broth and stir well to combine. Bring to a boil, then reduce the heat, cover with a lid, and simmer on low for 20-25 minutes, stirring often.
4. In the last 5 minutes of cooking, add the kidney beans and the cooked sausage. Continue to cook until warmed through.
5. Remove the bay leaves, season with salt and pepper and serve garnished with green onions, parsley and optional hot sauce.
6. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

GF	DF	MP	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	559	9	98	21	14

*Nutrition per serving.





Vegan Mushroom Meatballs

Serves 4

1 tbsp. ground flax seeds
2 ½ tbsp. warm water
1 tbsp. olive oil
1 onion, diced
4 garlic cloves, minced
8 oz. (225g) chestnut mushrooms, chopped
1 tbsp. vegan Worcestershire sauce
2 tsp. dried oregano
½ tsp. dried thyme
½ tsp. cayenne pepper
salt & pepper
⅔ cup (55g) rolled oats
½ cup (60g) walnuts
2 tbsp. nutritional yeast

To serve:

10.5 oz. (300g) spaghetti pasta
2 cups (480ml) marinara sauce
4 tsp. vegan parmesan
black pepper

What you need to do

1. Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.
2. To make a flax egg, whisk together the ground flax seed and water in a small bowl. Set aside for 10 minutes.
3. Heat the oil in a large pot over a medium/high heat, add the onion and garlic and cook for 1 minute. Add in the mushrooms and continue cooking for a further 2-3 minutes until softened.
4. Add the vegan Worcester sauce, oregano, thyme, and cayenne pepper to the mushroom mixture, and season with salt and pepper. Mix well and continue to cook until most of the moisture has evaporated. Turn off the heat and set aside.
5. Place the oats and walnuts into a food processor and blend until a coarse meal forms. Now add the cooked mushrooms and blend until just combined. Transfer to a large bowl.
6. Next add the nutritional yeast and earlier made flax egg to the bowl. Mix with a spoon until combined. If the mixture looks too loose or wet, add in a little more oats.
7. Divide the mixture into 12 'meatballs' and place them on the baking sheet. Place the sheet in the hot oven and bake for 20-22 minutes.
8. Meanwhile, cook the spaghetti according to instructions on packaging. Heat the marinara sauce in a small pot over a medium heat.
9. Once the meatballs have cooked, add them to the marinara sauce and simmer gently for 3-5 minutes while the pasta cooks.
10. To serve, divide the spaghetti between 4 plates, top with meatballs and marinara sauce. Garnish with vegan parmesan and freshly ground black pepper.

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	436	20	50	14	9

*Nutrition per serving.





Asian Lao Gan Ma Noodles

Serves 4

For the sauce:

- 1 tbsp. tamari
- ½ tsp. rice wine vinegar
- 2 tbsp. green onion, minced
- 1 tsp. root ginger, grated
- 1 tsp. garlic, minced
- 1 ½ tbsp. chili paste
- 1 tsp. sesame oil
- 1 tbsp. sesame seeds, toasted

For the noodles:

- 3 tbsp. olive oil
- ⅓ cup (45g) cashew nuts
- 7 oz. (200g) dried rice noodles
- 2 cups (140g) bok choy, chopped
- 2 tbsp. cilantro, chopped

What you need to do

1. Place all the sauce ingredients into a large bowl and mix to combine.
2. Heat the olive oil in a pot over a medium heat, add the cashew nuts and sauté for 5-7 minutes, stirring often. Transfer the cashews into the sauce.
3. Cook the rice noodles according to instructions on packaging. Once the rice noodles are a minute away from done, add in the bok choy to blanch, then drain.
4. Pour the sauce over the noodles and bok choy and stir to combine. To serve, scatter over some freshly chopped cilantro.

GF	DF	MP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	387	19	49	4	3

*Nutrition per serving.





Matcha & Coconut Shake

Serves 1

1 cup (240ml) coconut milk,
unsweetened
1 banana, chopped, frozen
2 tsp. matcha
1 tsp. maple syrup

What you need to do

1. Place all the ingredients into a blender and blend until smooth and creamy. Pour into a glass and serve immediately.

GF	DF	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	280	5	35	24	3

*Nutrition per serving.





Cranberry & Orange Bread

Makes 12

2 cups (240g) all-purpose flour
2/3 cup (120g) coconut sugar
2 tsp. baking powder
1/2 tsp. baking soda
pinch of salt
1/2 cup (125g) applesauce,
unsweetened
1 cup (240ml) orange juice
2 tbsp. orange zest
2 tsp. vanilla extract
1 cup (120g) frozen cranberries

What you need to do

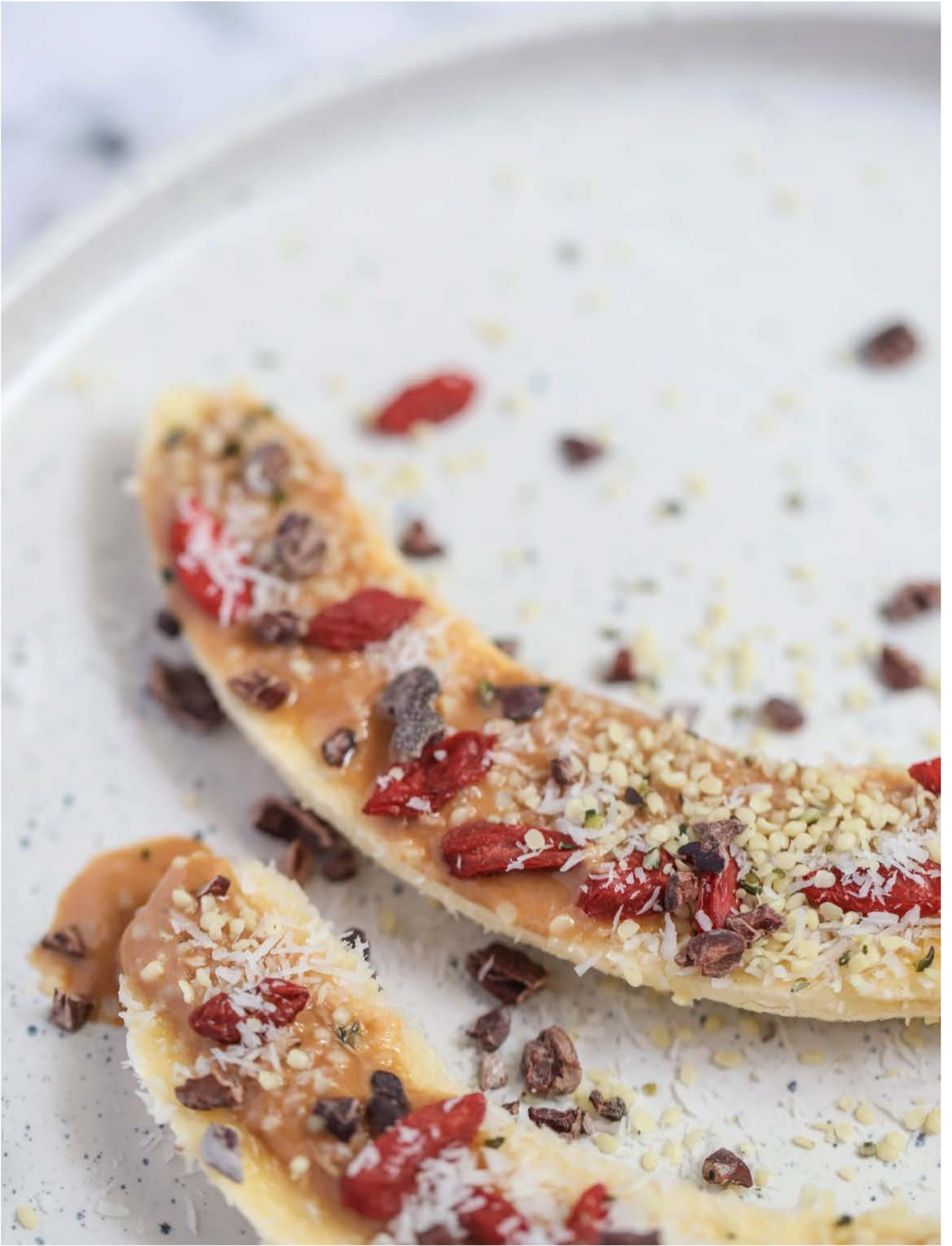
1. Preheat the oven to 350°F (180°C). Line a 9x5 loaf pan with baking paper or prepare a silicone loaf pan.
2. In a mixing bowl, add the flour, sugar, baking powder, baking soda and salt, and stir to combine.
3. Add in the applesauce, orange juice, orange zest and vanilla extract, and mix until well combined. Gently mix through the cranberries.
4. Pour the batter into the prepared loaf pan, place on the center rack in the oven and bake for 50-55 minutes.
5. Remove the pan from the oven and set aside on a wire rack to cool before slicing.
6. Store in an airtight container on the counter for up to 3 days, or keep in the refrigerator for up to 1 week.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	55 mins	127	0	32	1	4

*Nutrition per serving.





Banana Boats

Serves 1

1 banana
1 tbsp. peanut butter
1 tbsp. goji berries
1 tbsp. desiccated coconut,
unsweetened
1 tsp. hemp hearts
1 tsp. cacao nibs

What you need to do

1. Peel and slice the banana in half lengthwise. Top the banana with peanut butter and sprinkle over all the remaining ingredients. Serve immediately.

GF	DF	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	287	15	37	7	6

*Nutrition per serving.

